

Summary of Types of Available California State and Local Weight-Related Surveillance Data

Name of survey/surveillance system	Fruit & Vegetable	Body Weight/ BMI	Physical Activity	Sedentary Behavior	Food Insecurity	Other
Behavioral Risk Factor Surveillance System (BRFSS) http://www.surveymethods.com/clients.asp?ID=9 Adults 18+ Self reported	Non-quantified 6 questions, usual FV intake Knowledge and belief questions 1990-91, 1994, 1996, 1998, 2001-03	BMI 1984-2003	Usual exercise in a week – moderate and vigorous (7 questions) 1985-89, 1991-92, 1994, 1996, 1998, 2001-03	Any physical activity in the last 30 days 1984-92, 1995-96, 1998, 2000-2003	USDA 6 question brief food security module, beginning in 2003 (California)	Milk consumption 1994
California Women's Health Survey (CWHs) http://www.surveymethods.com/clients.asp?ID=11 Adult Women 18+ Self reported	Semi-quantified single question, usual servings FV intake Single question FV belief 2000-03	Belief question about healthy weight Weight loss and dieting questions (# varies) BMI 1997-2003	Past 30 days any physical activity Usual exercise in a week – moderate and vigorous 1998-99, 2001-03 Also belief in 2001/02 Stair climbing-98	Time spent sitting (1 question) 1998, 2001	USDA 6 question brief food security module and multiple questions about use of food assistance programs 1997-98, 2000-03	Breast-feeding 1997-2001 Milk consumption

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California Health Interview Survey (CHIS) Adult www.chis.ucla.edu Adults 18+ Self reported 2001, 2003	Non-quantified usual FV intake, frequency, past month, eight questions (only 2001)	BMI	Activity/exercise for transportation Over the past 30 days, frequency & duration of moderate & vigorous exercise (only 2001) Over the past 30 days, strength exercise questions (only 2001)	Non free time activity level (only 2001)	USDA 6 question brief food security module, only asked of adults below 200% of poverty	—
California Health Interview Survey (CHIS) Adolescent www.chis.ucla.edu Adolescents 12-17 Self reported 2001, 2003	Non-quantified 4 questions, FV servings yesterday (only 2 questions in 2003)	BMI	Past 7 days frequency and duration of moderate and vigorous exercise Past 7 days frequency and duration of strength exercises Sports team participation (only 2001)	On a typical week day, number of hours watching television & number of hours using computer <u>not</u> for school work, 2 questions (only 2001) On the weekend number of hours watching television and using computer <u>not</u> for school work, 2 questions (only 2001)	—	Questions on glasses of milk (1 question) and soda (1 question), servings yesterday

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California Health Interview Child www.chis.ucla.edu Children Under 12 Parent reported 2001, 2003	Non-quantified 4 questions, FV servings yesterday (only 2 questions in 2003) Only when child is not in school or day care only	BMI		On a typical week day, number of hours watching television & number of hours using computer <u>not</u> for school work (only 2001) On the weekend number of hours watching television and using computer <u>not</u> for school work (only 2001)	—	Glasses of milk yesterday Glasses of soda yesterday
California Dietary Practices Survey (CDPS) www.dhs.ca.gov/cpns/research/index.htm Adults 18+ Self reported 1989-2003 biennial	Semi quantified, limited structured 24 hour recall (FV intake yesterday) Many questions on knowledge, attitude and belief	BMI, beginning in 1999 Weight loss and dieting questions	Past week frequency and duration of moderate and vigorous physical activity Many knowledge, attitude, and belief questions	Time spent watching TV yesterday (2003)	USDA 6 question brief food security module, beginning in 2001	Household income Other foods; out of home eating Diet-disease relationship knowledge (will not be asked in 2003)

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California Teen Eating, Exercise and Nutrition Survey (CalTEENS) www.dhs.ca.gov/cpns/research/index.htm Adolescents 12-17 Self reported 1998, 2000, 2002	Semi quantified, limited structured 24 hour recall (FV intake yesterday) Many questions on knowledge, attitude and belief	BMI Body image and dieting questions	Past 30 days frequency and duration of moderate and vigorous physical activity Many knowledge, attitude, and belief questions	Frequency and duration of time spent watching television and using the computer <u>not</u> for school work	—	Socio-Economic surrogates Participation in school meals School Environment Other foods; fast food; meals
California Children's Healthy Eating and Exercise Practices Survey (CalCHEEPS) www.dhs.ca.gov/cpns/research/index.htm Children 9-11 Parent-assisted, self reported (diary); Self reported (phone interview) 1999, 2001, 2003	2 day diary and telephone interview Many questions on knowledge, attitude, and belief	BMI from parent	2 day diary: type of activity, length of time, and intensity Questions on knowledge, attitude, and belief Days per week and length of time spent in physical education classes at school	2 day diary: length of time spent watching TV/videos or playing computer/video games for fun. Preference: time spent watching television or being physically active Environment: do parents limiting time spent on sedentary activities (2001 and 2003)	Household food stamp usage	Family income Participation in school meals Other foods; fast food; meals

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California High School Fast Food Survey http://www.californiaprojectlean.org High school students 2000	—	—	—	—	—	Fast Food availability on high school campuses
Los Angeles County Health Survey www.lapublichealth.org Adults 18+ Self reported Adult Questionnaire 2002-03	Non-quantified, single question, FV servings yesterday Single question FV belief	BMI	In a usual week, frequency and duration of moderate and vigorous physical activity		Food insecurity with and without hunger; Participation in supplemental food program and food stamps	
Los Angeles County Health Survey www.lapublichealth.org Children 0-17 Parent reported Parent Questionnaire for Child 2002-03	—	—	Number of days in a typical week spent participating in organized sports Access to parks/ recreational space	Number of hours spent watching television on a typical day	Participation in WIC (during pregnancy and after child was born)	Breastfeeding Breakfast yesterday Fast food yesterday
Pediatric Nutrition Surveillance System (PedNSS) smatting@dhs.ca.gov Measured 1988-2002	—	Overweight (>95 th percentile) At risk for overweight (85 th – 95 th percentile)	—	—	—	Underweight Short stature Anemia

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<p>California Healthy Kids Survey (CHKS) http://www.wested.org/chks/pdf/css2001a.pdf</p> <p>Grades 5, 7, 9, & 11 Self reported</p> <p>Annual 1999-2003</p> <p>California Student Survey (CSS) Grades 7, 9, & 11 Self reported</p> <p>Annual 1989-1999</p> <p>Surveys used the same set of questions (except for the sedentary behavior questions, which are in the CHKS module but not included in the CSS module.)</p>	<p>Middle school- Non-quantified four questions, 24 hour recall (yesterday)</p> <p>High school- Non-quantified four questions, 24 hour recall (yesterday)</p>	<p>Elementary- 2 questions about body image, 1 question on dieting</p> <p>Middle – height and weight; 3 questions about body image/dieting</p> <p>High school- height and weight; 3 questions about body image/dieting</p>	<p>Elementary- number of days you exercise per week</p> <p>Middle- Past 7 days vigorous, moderate, and strengthen exercises, and participation in organized sports</p> <p>High school – Past 7 days vigorous and strengthen exercises, and participation in organized sports</p>	<p>Elementary- Number of hours spent watching television or played video games yesterday</p> <p>Middle – On average school day, number of hours spent watching television or played video games (CHKS only)</p> <p>High school – On average school day, number of hours spent watching television or played video games (CHKS only)</p>	<p>–</p>	<p>Elementary- breakfast today and milk yesterday</p> <p>Middle- any breakfast today and milk yesterday</p> <p>High school- breakfast today and milk yesterday</p> <p>CSS includes alcohol and drug use questions</p>

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Youth Risk Behavior Survey (YRBS) http://www.cdc.gov/nccdphp/dash/yrbs/index.htm Grades 9-12 Self reported 1991-2003 Conducted in; San Diego, San Francisco, Los Angeles (no longer administered in California; succeeded by CHKS and CSS)	Non-quantified six questions, intake over the past 7 days	BMI Weight loss and diet questions	Frequency of moderate (30+ minutes) and/or vigorous (20+ minutes) exercise in the past 7 days Strength exercises in the last 7 days Participation in PE classes and organized sports	Watched less than 2 hours of television	—	Glasses of milk over past 7 days
California Physical Fitness Test, FitnessGram http://www.cde.ca.gov/statetests/pe/pe.html Grades 5, 7, & 9 Measured 1998-99, 2000-01, 2001-02	—	Body composition as measured by BMI or skinfold – usually BMI	5 Performance Tests; -Aerobic Capacity -Trunk extension -Abdominal Strength -Upper Body Strength -Overall Flexibility	—	—	—

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Maternal and Infant Health Assessment Women aged 15+ who recently gave birth Self-reported	—	Weight before pregnancy; weight gain during pregnancy; height	—	—	Multiple questions about financially caused restrictions on food amount and sufficiency, and nutritional balance	Breastfeeding; folic acid; supplementation; history of low infant birthweight